

Cocoa Beach Jr. Sr. High School Girls Lacrosse

Demerit & Conduct Policy

Effective Date: 01/20/2026

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1. Purpose & Scope

This Policy establishes a clear, fair, and consistent demerit system to support safety, sportsmanship, accountability, and readiness for the CBHS Girls Lacrosse program. It applies to all student-athletes during practices, games, team events, travel, and any activity where the athlete represents the team or school.

2. Key Definitions

Demerit: A point assigned for conduct or readiness violations under this Policy.

Unexcused Absence: Missing practice, team meeting, film, or game without prior approval or acceptable documentation under school policy.

Tardy: Arriving after the stated report time, not ready to begin when practice or meeting starts.

Disrespect: Verbal or non-verbal conduct that demeans, mocks, threatens, taunts, argues excessively, uses profanity, or otherwise undermines sportsmanship or authority.

Prepared/Ready: Arriving with required equipment, mouthguard, proper uniform/gear, water, and having completed required pre-practice tasks (taping, warm-up, academic eligibility checks).

3. Standards of Conduct

- Treat all persons with dignity and respect, including teammates, coaches, officials, opponents, and spectators.
- Comply with NFHS rules, state association rules, school and district policies, and coach instructions.
- Exhibit sportsmanship at all times; no profanity, taunting, or equipment abuse.
- Maintain academic eligibility and follow all safety instructions and training room protocols.

4. Demerit Schedule

4.1 Disrespect / Unsportsmanlike Conduct

- Minor disrespect (eye-rolling, brief arguing, ignoring instruction) — 1 demerit(s)
- Verbal outburst, profanity, taunting, mocking opponent/spectator — 2 demerit(s)
- Arguing with or showing up an official; dissent after warning — 3 demerit(s)
- Contact or gesture that is threatening/intimidating; bench leaves area without permission — 4 demerit(s)

4.2 Attendance & Punctuality

- Unexcused tardy (0–30 minutes late, not ready at start time) — 1 demerit(s)
- Unexcused late (>30 minutes late) — 2 demerit(s)
- Unexcused absence from practice/meeting — 3 demerit(s)
- Unexcused absence from game/match or departure without approval — 4 demerit(s)

4.3 Readiness & Preparedness

- Missing required equipment (stick, goggles, mouthguard) or improper uniform. No water or failure to complete required taping/check-in pre-practice — 1 demerit(s)
- Equipment abuse (throwing stick/gear) without endangering others — 1 demerit(s)
- Safety violations (removing mouthguard during play after warning) — 2 demerit(s)

5. Accumulation & Consequences

3 demerits (rolling, any combination): Verbal warning; parent/guardian notification; corrective assignment (sportsmanship module, rules review).

5 demerits: Loss of 25% playing time in the next contest; targeted behavior plan with contact with the parent/guardian.

7 demerits: One-game suspension from competition; mandatory meeting with athlete + parent/guardian + coach.

9 demerits: Two-game suspension.

12 demerits: Removal from team for the remainder of the season, subject to AD approval.

Notes: Demerits roll for the duration of the season. The Head Coach may adjust consequences for safety, severity, or repeated behavior. Restorative actions (apologies, service, rule presentations) may reduce 1–2 demerits at coach’s discretion when sincere and completed timely.

6. Procedure & Due Process

1. Documentation: Coaches record demerits within 24 hours with date, conduct, and points.
2. Notice: Athlete and parent/guardian are notified of each demerit and current total within 48 hours.
3. Appeal: An athlete may submit a written appeal within 48 hours of notice.

7. Special Circumstances

- Excused Absences: Absences due to illness, injury, religious observance, academic requirements, or emergencies are excused when consistent with school policy and timely communication is provided.
- Cumulative Tardies: Three (3) excused tardies may convert to one (1) demerit if communication is habitually late or avoidable.
- Injuries/Medical: Clearance from licensed medical staff is required for return to play. Failure to follow medical directives may result in demerits and/or removal for safety.

8. Alignment with School Policies; Non-Discrimination

This Policy supplements, and does not replace, applicable school, district, and athletic association policies and codes. In any conflict, higher-level policies control. Enforcement shall be neutral and non-discriminatory without regard to race, color, national origin, sex, gender identity, disability, religion, or any other protected status as defined by law.

9. Coach Discretion; Safety Exception; Modifications

The Head Coach may take immediate action, including suspension, where conduct poses a safety risk or materially disrupts team operations. The Athletic Department may amend this Policy with notice to athletes and parents/guardians. Updates take effect upon distribution and do not retroactively increase penalties for past conduct.

10. Athlete & Parent/Guardian Acknowledgment

By signing below, we acknowledge that we have read and understand this Policy and agree to follow it. We understand that participation is a privilege and that violations may affect eligibility and playing time.

<u>Athlete Name (print)</u>	<u>Grade</u>
<u>Athlete Signature</u>	<u>Date</u>
<u>Parent/Guardian Name (print)</u>	<u>Phone/Email</u>
<u>Parent/Guardian Signature</u>	<u>Date</u>